Use the internet, especially the links: https://rnli.org/safety and https://rnli.org/safety/beach-safety
to help you research beach and water safety suggestions.
You might research these topics: tides, waves, riptides, flags, floating, clothing, cold water, the sun,
calling for helping and inflatables.
You might be able to think of your own topics too.

Research	
Beach Safety	
Topic	Information